

AUGUST 2014



Exercise Classes:

Dance with Tracy Wigley:

Intermediate International Latin Dance

Mondays 6:30-7:30 pm / Fee: \$15 per class

Paso Doble

Mondays 7:30-8:30 pm / Fee: \$15 per class

Kids Ballroom & Latin Dance Level 2

Mondays 3:40-4:40pm / Fee \$10 per class

Kids Ballroom & Latin Beginners Level 1

Mondays 4:45-5:15pm / Fee \$10 per class

International Latin Dance

Thursdays 6:30-7:30 pm / Fee: \$15 per class

Ballroom & Latin Social Dance—Beginner level

Thursdays 7:30-8:30 pm / Fee: \$15 per class

Bone Builders

Tuesdays/Thursdays 10:00-11:00 am

Call Cornell Cooperative Extension 734-4161 to register.

(doctor's release and paperwork required for new participants)

Flexibility Exercises

(using chairs for balance)

Mon/Wed/Fri 10:30-11:30 am

'Gentle' Yoga—Karen Clark Romans:

Tuesdays 6:00-7:00 pm

Thursdays 6:00-7:00 pm

Fee: \$42/6 classes; \$10 Drop-in

Zumba with Vicki Rossettie:

Wednesdays 7:30-8:30 pm

*Thursdays 12:30-1:30 pm

**Thursday class will return in September*

Fee: \$42/6 classes; \$9 Drop-in

Zumba with Amanda Wylie:

Mondays 5:15-6:15 pm

Thursdays 5:15-6:15 pm

Fee: \$25/6 classes; \$5 Drop-in



The **Bright Red Bookshelf** provides **FREE** books. Look for the **Bright Red Bookshelf** in the outer lobby and take a book or two for the children in your life. Book donations accepted in the office.

The red rolling book cart has books for adults available to the community for free. Please feel free to take a book and/or donate a book back.

Available in the outer lobby.



Eat Well, Live Well Lunch

Mon./Wed./Thurs.

Lunch 11:30 am

Suggested donation \$3

Sponsored by:

Office of Aging & Long Term Care

Please call 737-5520 one day in advance for reservations

Monthly Menus available in Lobby



Red Cross Blood Drive

August 12th ~ 1:00—6:00 pm

* The Blood Drive will be held at the **Big Flats Fire Department***

And as always -

Walk ins welcome

Big Flats Community Center



Creative Hands:

ART:

Tuesday Painting

Tuesday 1-4 pm

BYO Project



Portrait Workshop

Wednesday 1-4 pm

\$8.00/Class

***Class will return to the Center in September

Ceramic Painting

Monday 12-3 pm

***Class will return to the Center in September

Sewing / Knitting:

"Senior Sewing"

Wednesday 9-Noon

BYO Project

Instruction available



"Knit 'n Knots"

Friday 9-Noon

BYO Project.

Instruction available

Big Flats Community Center

476 Maple St. Big Flats, NY 14814

607-562-8443 x. 303

5DD-711

communitycenter@bigflatsny.gov

Office Hours 8am - 4pm



CALENDAR

August 2nd ~ Kids With Cancer Fun Run
 * Held at the Big Flats American Legion*
 August 6th ~ Senior Dinner 6pm
 August 5th ~ Teen Night Out
 August 7th ~ Italian Cooking Class 6:30pm
 August 11 & 12 ~ AARP Defensive Driving Class
 August 12th ~ Red Cross Blood Drive 1-6 pm ...
 ***to be held at the Big Flats Fire Department
 August 12th ~ Teen Night Out



Senior Monthly Dinner

'Pot Luck Supper'
 Bring a dish to share



Youth Treat
 Ice Cream Social & Bingo

First Wednesday of the month
 August 6, 2014 ~ 6:00 pm
 ~ All are Welcome ~

AARP Defensive Driving Class



August 11th ~ 5:30 - 9:00 pm

Fee: \$20 for AARP Members

\$25 for Non-members

Call/stop in to register for classes

562-8443 ext 303

Italian Cooking Class

with MaryAnne Holleran

Thursday, August 7

6:30—8:30 pm

Cost \$20 / person

MENU:

Arancini di riso (Rice balls)

Penne w/ Zucchini & Spicy Tomato Sauce

Mustazzoli (Italian Cookies)

Space is limited; call office to sign up

Next class: September 4, 2014



Youth Programs:

YO & Teen Commission

Senior Dinner

August 6 ~ 5:00 pm

Ice Cream Sundays made by Teens
 & BINGO w/ prizes

Teen Night Out

August 5th -Teen Cookout ~ 4-7 pm

August 12th -Hershey Park Amusement Park *

August 19th -Seabreeze Amusement Park *

(*Volunteer Opportunities REQUIRED for
 amusement parks)

SUMMER TAFFY

Summer Taffy : July 2nd—August 8th 2014

Volunteer Opportunities Available ~ August 2nd:
 Kids With Cancer Fun Run / American Legion

Youth Dept. : 562-8443 ext 307



Summer Vacation

Card Games:

Monday: **BRIDGE**

Tuesday: The Players / Bridge

Wednesday: **EUCHRE**

Friday: **PINOCHLE**

12:30-4:00 pm

Come and play! All are Wel-
 come!



Teens looking for odd jobs?

Residents need

odd jobs / yardwork done?

Y.E.S. (Youth Employment Service)

A year round service for youth ages 14-21 yrs looking for
 work and for individuals and
 businesses that have work to be done.

Call the Youth Department for details.

607-562-8443 ext 307

